

Learn

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Chapter 1: Why You Need To Learn

This inspirational book named “Learn” is a compelling book on understanding how to learn and help other people within your life. This book is for the people who want to learn, help other people and make a difference.

Most people ask what learning has got to do with helping other people and making a difference to someone like me, and many more. So learning is not about your status, money, houses, cars, possessions, food, drinks, love, relationships, friendships, or other stuff.

The main secret in this powerful book is “what you learn,” “how you study,” and “how you use your learning and studying to make a difference in others.” **Education is not something you need to study in school, colleges, or universities. Instead, you can learn from others in ways that are more helpful to you and other people.**

Most people are so confused, lost, and miserable in their life, which is shocking. The world is full of people chasing money, houses, success, and other stuff, which I find [astonishing](#). Most people don't want to learn anything vital for them, yet they keep

boasting, having lots of pride, playing lots of games, and not helping others.

This book will teach you how to learn and develop yourself **to help people and make a difference**. The secret you need to understand **NOW** is helping other people and making a difference.

Why do you need to learn? It would be best if you learned because you may be unable to help other people and achieve the things you want in your life without learning. **Learning is everything when it comes to personal development and helping other people.** The more you learn in your life, the more you can achieve and become more successful. Learning is a process that everyone needs to survive and become the person they want to be.

Before I go into different ways of learning, I would like to reveal my story in the next chapter to show how I have learned and why I write books like this.

Chapter 2: Christopher Liam Rose's Story

In September 2014, I was in my flat creating a music video on my laptop. Back then, I was a musician, making and producing music for my music business. On that day, I had candles burning in my room because my flat was in darkness. When I went to the kitchen to get some drinking water, something horrible happened. The candle had lighted up my bed covers and curtains in my room. While the fire was raging, I managed to escape by jumping out of the window in my kitchen. That was how I lost my property and belongings, and I became homeless with nothing own in my name. The fire burned everything I had in the flat, like my clothes, music equipment, furniture, and more.

After the fire, I was officially homeless with no property, no food or drinks, no clothes, and possessions. I had nothing. What changed in my life? I moved to Marble Arch, an area in London's west end where I lived with other homeless people in the streets. During that time, I suffered from a profound mental health crisis. Then I got sectioned in Springfield Hospital for mental health conditions of schizophrenia, psychosis, and depression. In the hospital, all my hopes and dreams were

gone. I had no money, no home. I was mentally psychotic and became a mental health patient. Then something remarkable happened when I was in the hospital. That significant thing changed my life. I received some help from my hero **Paul Dorrington, a Lead Employment Specialist.** I met Paul and started talking with him on the mental health ward.

I told Paul everything about me and everything that happened. I then told him I needed to find a job because I need to get back my belongings and home. So Paul started to work with me and taught me many things about mental health, well-being, health fitness, spirituality, God, faith, work, employment, mental health industry, and more. Paul then referred me to my would-be second hero **Karen Meechan, a Clinical Psychologist.** **Karen counselled me** for my mental health problems, trauma, loss, and struggles. I also told Karen everything about my life and what happened to me. She helped me to understand my mental health problems and live experiences.

The most important thing I received through working with Paul and Karen, which was the insight that **“I Want to Help Other People, Give Back and Make a Difference.”** My life changed because of all the help and support I received from Paul and Karen, and I got my first ever job in the mental health industry as a Co-Facilitator running a hearing voices group with Mind. I began to help other people and made a difference to the clients I served in this

role. By doing that job, I recovered from my mental health problems and did something that gives me meaning, passion, purpose, and value.

Why am I sharing this story with you? Before the fire, I was just a musician making music, but I became homeless with nothing in my life and lots of mental health issues after the fire. **My encounter and learning sessions with Paul and Karen completely changed my life and my future in every way.** I learned about helping other people when I was 25 - 26 years old, and now I have been helping other people for about 6 - 7 years. My life experiences have been intense and hard to deal with, but the learning is what changed my life around, from being homeless with no money, food or drinks, clothes, or property and now having everything in my life.

From my learning sessions with Paul and Karen, I was able to achieve:

- Living in a flat of my own
- Having a motorbike
- Written 9 books in helping other people and personal development
- 1000s of videos on my helping other people YouTube channel
- Building a career in the mental health industry and working in mental health for 6 -7 years
- I have helped hundreds and thousands of people in my life

- Help other people through my evangelism ministry
- Become a born-again Christian and honouring my relationship with Jesus Christ
- I have read 100s of books on personal development
- I have listened to 100s of podcasts and audiobooks

There is a core reason why I have achieved so much in my life, and I am still in my 30s. I achieved it all because I developed the habit of learning.

I have spent the last seven years doing personal development studies and learning as much about helping other people. I am a college dropout who has no degree qualification, and I have gone through some more challenging life experiences like losing Granddad losing his life, and my mother became ill with breast cancer.

Everything I have learned has enabled me to help many people and make a massive difference in people's lives. In the next chapter, we will discuss the different ways of learning.

Chapter 3: Books

Reading books is one of the best ways to learn and study in life. Books contain lots of information that can help you develop yourself and grow as a person. I have always said you should try your best to read for 30 minutes to 1 hour every day. It can be any book that suits you. Still, the best books to read are personal development books, business/entrepreneurship books, spirituality books, religious books, self-help books, and financial books.

When you learn from books, you are learning from an author's writing and content. This type of learning will affect all areas of your life because you are reading books with inspirational information that will help you develop into the person you want to be.

Reading books is a must for every learner because the more books you read, the more you learn and develop yourself. I have read 100s of books, and each book that I have read has served me in my life in lots of ways.

Reading books is essential for your learning and personal development, and you should try your best to read one inspirational book once a month. If you read one book a month, it equals 12 books a year. If you read one book a month for ten years, it will equal 120 books read.

Imagine how much knowledge and wisdom you will gain by reading those books; it would be amazing. That is why the sooner you start reading books, the more you will learn and grow as a person.

When you read books repeatedly, you become more knowledgeable and wiser because your mind understands the writing you are reading. In addition, reading books repeatedly helps you discover new information about that book that you would not have found out until you read the book more than once.

Reading books is something that all successful people do in their life, and you have got to make sure you are learning from reading.

You can also read biographies and autobiographies of successful people in life and gain the knowledge of someone's whole life experience in just one book, which is lovely to learn.

In the next chapter, I will show you how you can learn from Audiobooks.

Chapter 4: Audiobooks

Listening to Audiobooks is a great way to learn new things. Listening to audiobooks is a must if you want to be a true learner. When you listen to audiobooks, you gain further information that can change your life in so many unique ways.

If you listen to audiobooks for 30 minutes every day, you will learn so much, and it will develop your listening skills. Successful people all spend time listening to educational and inspirational audiobooks because they help build their knowledge and wisdom.

The habit of listening to audiobooks is a game-changer, and you will become very successful when you listen to audiobooks. The good thing about audiobooks is that you can listen to them while engaging in other activities like cleaning, ironing, driving, running, or working out. That is a powerful way to learn something new and still do things that need to be done throughout your day.

I have listened to many audiobooks by famous authors and entrepreneurs, which has helped me so much in my personal life.

Listening to audiobooks is one of the best ways to learn new things and develop your

knowledge and wisdom. The more you listen to audiobooks, the more you memorise the information that guides you in your day-to-day life. Therefore, it is essential to listen to audiobooks until you understand what the author is trying to teach.

“True Learner – Listen to Audiobooks”

There is an audiobooks website called Audible, where you can download thousands of different audiobooks from successful authors. I would recommend that you pay for the Audible membership, so you get one audiobook every month. Listening to audiobooks will speed up your learning process and help you understand and learn new things that can help you in life.

Dear reader, please listen to audiobooks every day for 30 minutes and learn new things.

In the next chapter, I will show you ways of learning through “videos.”

Chapter 5: Videos

Learning from videos is one of the best ways to learn because you interact with the videos and understand the content shared. Therefore, videos have become a meaningful way to learn for any learner. Videos are audio/visual content that helps you to develop your learning effectively.

YouTube is one of the best sources for watching educational videos online to help you learn and grow as a person. You can watch some of the best personal development content on YouTube for free, and lots of famous entrepreneurs and business owners also have very successful YouTube channels.

When watching videos, it is essential to soak in the information and understand the content from the person sharing. Sometimes it is good to take notes while watching the videos to remember key points or information. Then, when you look at your notes, you can understand the information more clearly, increasing your knowledge and wisdom.

Videos are also very entertaining to watch too which makes them easier to learn.

If you want to increase your learning and development, I recommend that you start

making videos of yourself and sharing what you have learned. That is one of the best ways to understand your learning and record the things you have learned.

You could start your own YouTube channel or simply save the videos you make on your personal computer or laptop.

Doing this will amazingly increase your learning, and your knowledge and wisdom will grow.

It is also vital when watching videos to listen to the content. Active listening will increase your learning when watching videos.

The best videos to watch on YouTube are educational videos, interviews, personal development videos, seminars, and motivational videos.

It is best to watch videos when you are entirely focused and keen to learn because this will help you soak in the content.

Spend 30 minutes to 1 hour watching powerful educational videos a day, and this will help you improve your personal development.

Here is a list of some of the best YouTube channels for educational content:

- [Project Life Mastery](#)
- [Evan Carmichael](#)
- [Lewis Howes](#)
- [Tony Robbins](#)

- [Gabrielle Bernstein](#)
- [Tom Bilyeu](#)
- [Marie Forleo](#)
- [Dean Graziosi](#)
- [Tatiana James](#)

Please check out these YouTube channels and watch the content.

Chapter 6: Events

Going to events is a wonderful way to learn new information, knowledge, and wisdom. Events are fascinating and interactive where you get to meet lots of people with similar interests to you. The speakers in events have lots of information and inspiration to share with the audience. You can learn some of the most important educational information at events and be involved in a fantastic life experience.

Some of the most famous entrepreneurs and speakers have done events to share proper knowledge and wisdom with the world. When you attend any event, it is essential to have a notepad, pen, or laptop with you to take notes. Learning in events is a very educational experience, and you can discover many new things while you are there.

Meetup is a social website where you can find some of the best personal development events to go to and meet like-minded people. I have been to many events in my life, and I believe that events can change your life forever.

While you are in the event, it is essential to remember learning and understanding what the speaker is saying. Sometimes in events, you get to have a Question and Answer session

with the events' speakers. That is a powerful way to get real insight and information about becoming prosperous in life.

I would recommend you attend personal development events, business events, financial events, educational events, and spirituality events.

Learning from famous entrepreneurs and business owners will shortcut your success by ten times.

You should try your best to attend one event every two months and learn from entrepreneurs and speakers.

Also, it is essential to network with people there at events because these people can help you in your business, career, jobs, and daily life. In addition, you can find some of the most interesting people at events.

Most events these days are free, but you may have to pay some money to attend some events. When you do spend money for events, see it as an investment in yourself. You can learn from entrepreneurs and speakers' whole life experiences in one event, which is invaluable to your personal development and success.

Events are a must if you want to become an outstanding learner, and they are life-changing and educational.

Chapter 7: Messages

Learning from messages is an excellent way to gain new information, develop your knowledge and wisdom. Messages can be learned in written, audio, and video form. When learning from messages, it is good to understand what the message is saying. Lots of entrepreneurs and successful people have shared powerful messages that can help their audience learn new information.

Learning from messages is one of the best ways to learn because messages can sometimes be short or long. In addition, messages contain specific information on a subject which can help you in your personal development.

I believe listening to messages in audio form is one of the best ways to understand any messages. When you listen to audio messages, you develop your listening skills and soak in the messages. Some of the most successful entrepreneurs and motivational speakers have shared messages that have changed many lives. Repeated listening to messages can increase your knowledge and wisdom and help you memorise the messages.

If you want to learn and develop yourself, I recommend listening to messages for 30

minutes a day. The best messages to listen to are personal development, spiritual, business, self-help, and financial messages.

Learning from messages will increase your chance of becoming successful in life, so make sure you spend time learning from messages.

Chapter 8: Sermons

Dear reader, if you believe in God and have faith, you must learn from Sermons. The bible has become one of the most important books to understand in the Christianity faith, and the bible contains the word of God. Pastors, ministers, evangelists, and teachers all preach the word of God and create Sermons. Therefore, if you want to build a closer connection with God, you must listen and read Sermons through text, videos, and audio.

Sermons contain the word of God, and in the bible, it teaches in Romans 10:17 - Consequently, faith comes from hearing the message, and the message is heard through the word about Christ. The more you spend time listening to the word of God, the more the Holy Spirit can teach you, and you gain understanding, knowledge, and wisdom.

Reading the bible is a must in your walk with God, and you should try and read the bible for 30 minutes every day in your quiet time. Understanding the word of God will give you Spiritual understanding, which only comes through listening and reading the word of God.

Sermons are vital in the Christianity faith, and you can learn a lot from preaching. I have listened and watched hours and hours of

different sermons from Pastors and Evangelists over the years, which has helped me learn more about God.

Spend time reading the word of God, listen to sermons, and listen to preaching.

Here are a few faith Pastors and Evangelists you should listen to:

- Dag Heward Mills
- Joel Osteen
- TD Jakes
- Joyce Meyer
- Joseph Prince

If you spend time learning the word of God, you will be able to achieve greatness and significance.

Chapter 9: Helping Other People

I genuinely believe the best learning comes from helping other people and giving back. Helping other people is not a job; it is a vocation and career path where you discover lots about your clients and yourself.

Helping other people is a journey of proper personal development and learning, and you will always become wiser from helping other people. Therefore, you should get a career job helping other people and giving back to develop your learning and personal development.

You meet all types of people when you are helping other people and giving back, and there is always something to learn from the people you support and help.

Learning from helping other people is a self-education of proper self-development. When you begin helping other people, you will only grow and evolve into the person you want to be.

Many people today need help and support because of the problems and difficulties they have faced in their lives. Therefore, I believe

for someone who wants to help other people; it is our duty and responsibility to help other people.

You can discover a lot about life when you help people going through the most severe challenges and problems.

Learning to help other people is everything, and it is crucial.

Try to spend your working career helping other people and giving back, and gaining as much experience as you can in helping other people. That will improve your self-esteem, confidence, skills, abilities and you will learn lots about humanity and life.

Chapter 10: Learning From Others

It is imperative to learn from others because this will help to improve your knowledge and wisdom. Learning from others can dramatically transform your success and prosperity in so many ways. There are very successful people in life that has lots of knowledge and wisdom to share.

Learn from people who are more successful than you and understand how they have achieved substantial things in their lives.

Also, learn from people who have experienced lots of pain and hardship in life because it will help you not make the mistakes they made.

Learning from others is the way you grow as a person, and you become wiser and knowledgeable. Right now, there is a lot of content on personal development and life transformation. However, learning from people's life experiences is a fantastic way to develop your own life and gain the insight, knowledge, and wisdom to succeed in your life.

I believe the more you learn from others, the best you become. So don't make the same

mistakes as others people. Instead, learn from people's mistakes and let that elevate you to success, prosperity, and riches.

Learning from others will help you to make better choices and decisions in your life to create the future you dream and desire.

Spend 1 hour learning from others. It could be books, audiobooks, podcasts, interviews, videos, or just talking to people. That will help to increase your understanding of life and make you into the person you want to be.

Chapter 11: Learning From Yourself

Learning from yourself is the essential vital learning you can do for yourself. Learning from yourself is a self-discovery process and very important in learning.

As human beings, we go through so many different life experiences that shape us into the person we are today. Therefore, learning from your life experiences will help you gain proper knowledge and wisdom.

Learning from yourself can be done in many different ways, which can help you to become a very great learner. For example, you can learn from life experiences, relationships, people, feelings, work, nature, society, friendships, children, family, parents, etc.

Learning from yourself is very important for your personal development and well-being. We discover more about ourselves when we reflect on our experiences and how we lived our lives.

Learning from yourself will enable you to understand who you are and what you want to become in the world. As a result, many people who have done self-development have discovered their purpose and passion in life,

which motivates them to achieve greatness and significance.

You discover your meaning and value when you learn about yourself and understand who you are. I have done lots of self-development work on myself to discover who I am and help other people. Because I have invested so much time in my personal development, I have developed true insight into my life experiences and understood how they have helped me become who I am today.

I will recommend you spend 1 hour just reflecting and learning about yourself, and maybe you would want to journal your feelings and emotions or go to a quiet place where you can think and reflect.

Chapter 12: Journaling

Journaling has become one of the most effective ways to learn and understand yourself. Journaling is a beautiful way to discover yourself and realize who you are. Through journaling, you can write about feelings and emotions, dreams and desires, daily routine, what you have been learning, etc. There is no limit to what you want to write about in your journal because a journal is a personal thing.

I would recommend that you write in your journal 15 minutes every day and write whatever comes to your mind. I have used journaling to write about things that happen in my life, and it has helped me discover who I am and the person I want to become.

Journaling is very therapeutic, and the more you write in your journal, the more you discover more about yourself. Also, with journaling, it is a daily record of your life which you can always look back on and see how far you have come.

Journaling is a must if you want to be a great learner, so spend as much time as you can on it.

Also, writing things down in a journal clears your mind and thoughts, which helps to promote more positive thinking and learning.

Chapter 13: Faith

It is essential to learn from your faith and beliefs. Understanding your relationship with God is very important in self-education. No matter your religious belief, you can spend time learning about your faith and gaining new knowledge and wisdom.

You can read religious books in your faith, you can talk to people who share the same faith as you, you can watch videos of people preaching messages about your faith, and you can spend time alone in meditation and prayer to get closer to God.

I would recommend you spend 1 hour daily learning things about your faith and building your connection with God.

Faith is a beautiful way of believing the unseen and invisible, which gives you a sense of meaning in your life.

Learning about your faith can give you a sense of hidden appreciation for life and help you understand a mighty power belong to you.

People who learn about faith become very spiritually enlightened people who gain spiritual understanding.

Chapter 14: Podcasts

Learning from podcasts is one of the best educational ways of learning new things. There are all different types of Podcasts available to listen to in the world. A podcast is a great way to learn from successful entrepreneurs and successful people. When listening to a Podcast, it is imperative that you actively listen to what the people are saying. You can gain some of the most transformational information from listening to podcasts.

I recommend listening to a podcast for 2 hours every day and gaining new knowledge and wisdom from successful entrepreneurs. But, of course, you can also listen to podcasts when you drive your car, clean your house, go to the gym, or do other daily activities.

The more you listen to a podcast, the more you will develop your knowledge and wisdom.

Most successful people in the world have a podcast that you can listen to.

Here is a list of some Podcast you can listen to:

- Listen Up with Natalie Jill

- School of Greatness with Lewis Howes
- Impact Theory with Tom Bilyeu
- Social Confidence Mastery with Myke Macapinlac
- Dag Heward Mills
- Joel Osteen
- Joyce Meyer
- The Project Life Mastery with Stefan James
- The Passion Few with Omar Elattar
- Knowledge for Men with Andrew Ferebee
- Super Soul with Oprah Winfrey
- Dear Gabby with Gabrielle Bernstein
- The Dean Graziosi Show
- The Ed Mylett Show
- The Tony Robbins Podcast

Great learners are people who spend time listening to educational, motivational podcasts daily.

Chapter 15: Nature

Nature is one of the most beautiful amazing wonderful things about life, and nature is everywhere. Learning from nature is a very therapeutic thing to experience, so you should spend time in nature.

You can gain absolute joy, fulfilment, satisfaction, and happiness from being in nature and just by observing the things around you.

You can spend time with nature just being in the park taking a walk, hiking within the mountains, spend time in the woods, sitting down in a wonderful area, travelling in a boat along the sea, etc.

I would recommend you spend 1 day a week just spending time in nature and learning from what you see and what you experience.

Nature is beautiful and kind. So making time to be in nature will help you learn lots of things about life and beauty.

Spending time in nature helps you be more connected with the world and can help you become more spiritually awakened and aware of life.

Chapter 16: Humanity, Animals, Universe

Learning from humanity, animals, and the universe is a great way to feel connected to all things and a fantastic way to appreciate life. When you become more spiritual and fulfilled, you will feel oneness with humanity, animals, and the universe.

Sometimes the best way to learn is to observe and just see the beautiful world. For example, humanity teaches you about human beings and how we are all connected on this planet, animals teach you about the love and belonging that they express to each other. The universe guides you about space, earth, planets, galaxies, and how our creator, God, has made a complex universe for us to all live in together.

I would recommend you spend some time learning in being with nature, human beings, and animals every day of your life to feel your connection to all things and have a sense of oneness, spirituality, and fulfilment.

Feeling connected to humanity, animals, and the universe is the essence of spirituality, fulfilment, and gratitude.

Chapter 17: Selflessly Helping Other People

If you want to learn about helping other people and giving back, you must know that you need to be selfless to help other people. Selflessly helping others is about thinking about others before yourself and making sure you do your best to help and support your clients in what they are going through.

Learning to selflessly help other people will change your whole life and career. As you learn to contribute and help other people, you will slowly realize that you are becoming a selfless human who cares and understands their clients' needs and wants.

Selflessly helping other people is the best way to achieve future ambitions, goals, achievements, and accomplishments.

I would recommend that you spend your working career and business selflessly helping other people and giving back. That will be very rewarding and fulfilling, and you will be able to help lots of people.

Being selfless is the biggest secret in helping other people because the more people you help and support, the more selfless you become and the bigger difference you will make to others.

Dear reader, please understand this - to help people, you have to SELFLESSLY HELP OTHER PEOPLE and MAKE A DIFFERENCE IN PEOPLE's LIVES.

The more selfless you become in helping others, the more things you can achieve from your work.

Selflessly helping other people is not about you; it should always be about the clients that you help and support. So focus your time on selflessly helping other people and achieving all the success, prosperity, and riches from helping many people.

Selflessness is everything in selflessly helping other people. Always remember that.

Chapter 18: Learning Is What Makes All The Difference

In life, learning is what makes all the difference in your personal and professional life. The more you spend time learning and developing yourself, the better you will become.

In this book, I have shared all the main ways of learning and developing yourself. So, choose which learning skills suit you and begin to start learning every day.

Self-development is a key to personal achievement and success, prosperity, riches. Spend all your life learning and gaining knowledge and wisdom, and you will become who you want to be and make an impact in people's lives if you choose to help others and give back.

Thank you for reading this book. I hope this book has served you greatly.

Learning! Be What You Want To Be!

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